

Volume 7, Number 2

April-May, 1981

Drugs And Children: Preventive Techniques

By C.T. Canterbury

"How can I keep my children away from drugs?" I'm often asked this question by parents throughout Montana, and the same question is being asked by parents in every other state. The problem of drug abuse should be a concern of every parent.

No parent can keep children away from drugs. Drugs are all around us. Some, like nicotine, caffeine and alcohol, are generally accepted. These drugs are used daily, and some adults abuse them with little thought of the influence such abuse may have on younger people. We use a wide variety of legal and controlled drugs such as stimulants like amphetamines and nicotine, or sedatives like sleeping pills and alcohol, as well as over-the-counter drugs, to relieve nearly every kind of human ailment, real or imagined. This attitude is encouraged by advertising, which tends to promote drugs, especially alcohol and over-the-counter medicines, as the answer to most of life's problems. It is hardly surprising that increasing numbers of people from all social, ethnic and geographical groups view drugs as a reasonable way to cope with an increasingly complicated, confusing and painful environment.

If parents cannot keep their children away from drugs, how can they help them avoid the problem of drug abuse? There is no guaranteed solution. However, recent research on adolescent problems indicates that children are far less likely to abuse drugs if, from an early age,

they are taught how to make responsible decisions and cope effectively with problems. Parents can promote this learning process in the following ways:

1. **Help your child develop an understanding of himself.** Work with your child to help him develop a set of values which are important to him and the self-discipline necessary to achieve those values. For example, take time to discuss the child's daily experiences and relate these events to the ethical and moral issues involved. But remember, your child's values may not be identical to your own and, within reasonable limits, you should be willing to accept this difference.
2. **Help to strengthen your child's ability to deal effectively with others.** Work to develop his ability to communicate, cooperate, negotiate, listen and share. For example, encourage your child to discuss events involving his friends and acquaintances.
3. **Help develop your child's ability to make wise decisions.** For example, if your child wants to play in the snow without mittens, why not let him try it while you watch? When his hands get cold take him inside, let him warm up and discuss

the results of his decision. This same technique can be used with younger children in deciding what colors to use in a coloring book or choosing a bedtime story. Remember, sometimes it's important for a child to make mistakes and learn from them.

4. **Help to strengthen your child's identification with and responsibility for "family processes."** Allow him to become part of something greater than himself and learn to carry his own weight. At the same time, be sure to allow him to participate in family decisions.
5. **Set an example for your child.** Children tend to repeat those behaviors they see in other people, especially when those people are important to them. Would you want your children to grow up repeating the examples you set for them?

Remember, these techniques require open communication and positive reinforcement. Encourage your children to discuss their problems, assist them in developing their own solutions and respond positively to their efforts. Learn to recognize situations that lend themselves to these techniques. It is not an easy task, but the joys of raising competent and responsible children more than compensate for the effort involved.

Summer Workshop For Intervention Trainers

ADAD will offer a one day workshop on Intervention Training on request during this summer, as part of its Technical Assistance Program. The objective of the course will be to train counselors to instruct concerned people how to do specific interventions with problem drinkers.

A short working definition of "intervention" is "confrontation with compassion." Intervention helps the alcoholic client overcome the denial that is part of the disease.

Role playing will be used as a technique to help the group understand how it feels to be someone else in a problem situation, and to get people in touch with the difference between the theory of intervention and its practice.

The intervention training workshop will be good for one point towards certification. For more information contact Kay Flinn at ADAD.

500 copies of this public document were published at an estimated cost of \$0.4826 per copy, for a total cost of \$244.30 which includes \$207.70 for printing and \$33.60 for distribution.



At training sessions like the one pictured above, alcohol and drug professionals have the opportunity to share ideas and techniques and overcome the sense of frag-

mentation and isolation common to workers in the Social Services, especially in a state as large as Montana.



NHTSA Workshop

The National Highway Traffic Safety Administration sponsored a three-state "Alcohol and Traffic Safety Workshop" in Rapid City, South Dakota in March; the conference brought state and federal officials together to discuss their common problems in the area of DWI.

Among the ideas coming out of the conference was a legislative approach involving the establishment of a two-tiered offense for DWI; such a system would allow for plea-bargaining without the current DWI stigma.

Candis Connel, ADAD Special Services Manager, attended the conference and reports that Montana is one or two years ahead of most other states in the DWI area. She brought back a resource packet of films, background material and public service announcements geared for local use. The best of the films, "Until I Get Caught," is available through the Montana State Library (see the movie reviews on p. 4).

Teenage Values Focus Of Study

In 1960 parents had the greatest impact on a teenager's values and behavior; in 1980, friends and peers have moved up to replace them, according to a report done for the National Board of Junior Achievement.

"The need for acceptance in a group is the most powerful of the forces which mold young people's decisions," says the study prepared by the Robert Johnston Co., a New York consulting firm.

The report says the top ten influences on the young in 1980 were:

- 1) Mother, father
- 2) Teachers
- 3) Friends, peers
- 4) Ministers, priests, rabbis
- 5) Club leaders, scoutmasters, coaches, librarians
- 6) Popular heroes in sports and music
- 7) Grandparents, uncles, aunts
- 8) TV, records, cinema, radio
- 9) Newspapers, magazines
- 10) Advertising

In 1980 the list changed to:

- 1) Friends, peers
- 2) Mother, father
- 3) TV, radio, records, cinema
- 4) Teachers
- 5) Popular heroes in sports and music
- 6) Ministers, priests, rabbis
- 7) Newspapers, magazines
- 8) Advertising
- 9) Club leaders, coaches, librarians
- 10) Grandparents, uncles, aunts

"The most important message from the report is the change in how teenagers relate to their parents and their peer group," says Thomas A. Karcher, executive director of the Akron, Ohio J.A.

"I think drug abuse is one of the greatest problems facing us in the United States. I've had people talk to me about increased effort to head off the export into the U.S. of drugs from neighboring nations. With borders like ours, that, as the main method of halting the drug problem in America, is virtually impossible: it's like carrying water in a sieve.

It is my belief—firm belief—that the answer to the drug problem comes through winning over the users to the point that we take the customers away from the drugs, not take the drugs necessarily—try that of course, don't let up on that. But it's far more effective if you take the customers away than if you try to take the drugs away from those who want to be customers."

— Ronald Reagan

Drug Program Leaders Meet In Bozeman

A two-day meeting of all drug program directors in the state was held in February; the meeting provided an opportunity for treatment professionals to compare notes and discuss recent events and administrative changes.

Bob MacConnel of the ADAD Certification Section explained changes in the Certification Standards to the group. Mike Mahoney of the Evaluation Section of ADAD discussed the function of evaluation and described a new area to be included in evaluations, "quality assurance." A lively discussion followed about evaluation techniques and results.

All the counselors agreed that the most informative part of the meeting was a session dealing with clinical techniques. John Brekke (Swan Lake) described wilderness trips at the Swan River Youth Camp. Steve Shumate (Missoula) explained how talks with clients about the bad side of drug trips helped with the "euphoric recall" of drug use. Chris Pazder (Bozeman) talked about the problems of Anorexia Nervosa and Bulimia.

The group decided to meet again in the fall, with Missoula the probable location for that meeting.

Utilization Climbs At Drug Clinics

March was another banner month for the state's drug clinics. Total utilization reached 105%, with 366 clients for 350 contracted slots. For the fourth month in a row, each clinic operated at or above 100% utilization. In 12 of the last 14 months the total client mix has exceeded 100%.

In 1978, drug clinic utilization statewide was 88%. In 1979 it climbed to 96%, and for 1980 and the first three months of 1981 it reached 105%.

According to Skip Wilcox, Montana Drug Program Supervisor, "The increase in treatment is due to letting people know what services are available and dealing openly and honestly with schools, parents and communities about drugs and their effects."

Utilization at the nine programs around the state for March breaks down as follows:

Anaconda	38 of 36= 106%
Butte	62 of 58= 106%
Billings	29 of 28= 104%
Bozeman	59 of 59= 100%
Great Falls	24 of 20= 120%
Helena	57 of 54= 107%
Kalispell	23 of 22= 105%
Missoula	54 of 53= 102%
Ronan	20 of 20= 100%

In Hollywood, "forming a relationship" means finding a dealer.

— TV Guide

Between the stages of advanced socialism and full communism is an intermediate stage... progressive alcoholism.

— Polish joke

Certification Reminder

by Bob MacConnel

The first written examination for certification was offered to eligible applicants April 1. Those who passed the exam became eligible for the oral examinations April 24 and 25 in Helena.

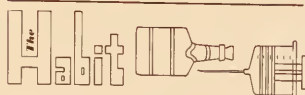
In order to be eligible for the written exam, applicants must submit their certification material for evaluation and get at least 70 points from this review.

The third step in the examination process is the taped work sample. This can be done anytime, and is not dependent on passing either of the other two examination areas. Those tapes submitted will be rated by the judges when a sufficient number have been received to warrant convening the panel. Ratings will go into the applicant's file and be added to the other examination scores when the applicant successfully completes those tests.

Page 7 of the certification standards has instructions for preparing and mailing the tapes. I strongly urge everyone to give serious attention to this part of the certification process, because it doesn't appear it will go away.

If you define problem drinkers as persons who get drunk six times a year or who have any problems with family, health or the law because of their drinking, then 1/3 of America's high school population are problem drinkers.

— New York Times



THE HABIT is the newsletter of the Alcohol and Drug Abuse Division of the State of Montana, Department of Institutions.

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Conference For Rural Schools

A rural schools conference on "Prevention Strategies for Alcohol/Drug Abuse" will be held July 13-16 at Western Montana College in Dillon.

The conference will emphasize alternative models for prevention, community development, school programs and coordinating community-school efforts. Participants will also learn about state, regional and national resources, including programs, materials and technical assistance.

There are no registration fees for the conference. The total cost for three nights lodging and meals is only \$52.

The conference is sponsored by the State Departments of Education and Single State Agencies for Drug and Alcohol Abuse of Idaho, Montana and Wyoming, in conjunction with the U.S. Education Department—Region 8 Alcohol and Drug Abuse Education Project.

For more information, contact C.T. Canterbury at ADAD.



Ron Frazier



Bob McKinnon



Nell Davis

Followup On ADAD Training

by Terry Stancliff

To date this fiscal year we have offered several training events and approximately 160 people have been trained.

Topics offered have included: "Counseling the Alcoholic Client"; "Reality Therapy"; "Family Counseling"; and "Clinical Assessment". If you have attended any of these courses you can expect to receive a followup evaluation form in the near future. We have kept questions to a minimum, and would appreciate your filling out and returning the form. This followup is done to help us assess this year's training and plan for FY '82. During June and July of this year we will be planning future training events. If you have input or questions, call Terry Stancliff at 449-2827.

New Films On Medicine And Alcohol

Two important new resources are now available for alcohol counselors working with medical professionals. One is a 16 mm. film called, "Doctor, You've Been Lied To," and the other is a videotape on "The Medical Management of Alcoholics." Both the film and videotape are by physicians and for physicians. For more information, contact Candis Compton, ADAD Special Services Manager.

Faces And Places

Nell R. Davis recently joined the staff of the Boyd Andrew Service Center in Helena as an Outpatient Counselor. She has a particular interest in the area of women and chemical dependency.

Before moving to Montana three years ago, Nell worked in a mental health position in a private psychiatric setting in Sarasota, Florida. She has a B.A. in English from the University of Kentucky and an M.A. in Rehabilitation Counseling from the University of South Florida.

"We are trying to get women drinkers 'out of the closet' and into treatment," Nell said. "More public education and awareness is needed for women with chemical dependency problems. Many professional women with these problems are not being reached, and are still dealing with the stigma of admitting their problem."

Bob McKinnon retired recently from his position as substance abuse counselor at the state prison in Deer Lodge.

McKinnon joined the staff at the prison in 1977 with responsibility for maintaining a drug program in line with NIDA federal funding criteria and coordinating an institutional AA program.

Before Deer Lodge, McKinnon, who turned 65 on April 20, was a social worker for the Child Protection Services branch of SRS in Glasgow, and a counselor at the Alcohol Rehabilitation Association (the precursor of the Southwest Montana alcohol program) in Dillon.

Mike Murray, Administrator of ADAD, has known Bob McKinnon since 1967. "We will remember him for his biting wit and sense of humor, and his dedication to help those in need," Murray said.

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AIS Training Workshops

ADAD has scheduled a series of AIS Training Workshops in May and June. The schedule is as follows:

May 26 - Glendive	County Courthouse Community Room
May 27 - Havre	Hill-Top Recovery Center 1020 Assiniboine
May 28 - Kalispell	Flathead Valley Chemical Dependency Services 944 South Main
May 29 - Billings	Rimrock Guidance Foundation 901 North 27th
June 15 - Missoula	Missoula Alcohol Services 725 West Alder
June 16 - Galen	Galen State Hospital/Alcohol Center Staff Conference Room
June 17 - Helena	Department of Institutions 1539 11th Avenue, Room #209

Sessions will be approximately four hours, 10:00 a.m. till 3:00 p.m., with an hour lunch break. Programs should insure that those staff responsible for completing AIS forms attend. ADAD will reimburse travel at 20¢ per mile (1 car per program) and lunch at \$3.00 per person (2 people per program). Please notify Carrie Larsen or Debbie Hargraves at ADAD—449-2827—about what session your people will attend, and who will be there.

We would also like some input from programs on other types of information reports that could be generated from the AIS for use at the program level.

Ron Frazier has joined the staff at the state prison in Deer Lodge as Substance Abuse Counselor Supervisor.

Ron came to Montana four years ago from the state of Washington, where he worked in a hospital psychiatric unit. He worked for the Lighthouse drug program at the Galen State Hospital, and he has been in the Clinical Services Department at Deer Lodge for two years, working in the areas of diagnosis and evaluation.

Ron has a B.S. in Psychology from Washington State University and an M.A. in Sociology from that school's Alcohol Studies Program.

He plans to work at reaching as much of the prison population as possible, and to develop a comprehensive referral system for aftercare following discharge.

"The prison is a very difficult environment in which to provide effective drug and alcohol treatment," Ron said. "We aim to provide inmates the opportunity to learn the skills, insight and responsibility necessary to lead a rewarding, non-abusive life style."

Alcohol related highway deaths totaled 26,000 in 1980.

LEGISLATIVE SUMMARY

BILLS RELATED TO ALCOHOL AND DRUG ISSUES

HOUSE BILLS

- 110 — Setting penalties for fraudulently obtaining dangerous drugs. **SIGNED**
- 162 — To clarify unlawfulness of driving or being in physical control of a motor vehicle while under the influence of alcohol. **KILLED**
- 300 — To enact the provisions of the model drug paraphernalia act. **SIGNED**
- 364 — To provide mandatory sentences for driving while under the influence of alcohol or drugs. **SIGNED**
- 394 — To permit a county governing body to adopt an ordinance regulating, restraining or prohibiting the public display or consumption of beer or liquor. **KILLED**
- 437 — To revise responsibilities of the alcoholism services center located at Galen State Hospital and to change its name. **SIGNED**
- 439 — Concerning payment of fees for certain alcohol related services and indicating how the department will distribute funds generated by tax on alcoholic beverages. **SIGNED**
- 512 — To increase the license tax on liquor so that the amount of revenue available to the Department of Institutions for the treatment, rehabilitation and prevention of alcoholism is increased. **KILLED**
- 528 — To provide that a portion of the tax on table wine sold in the state liquor stores is made available to the earmarked revenue account. **SIGNED**
- 632 — To require formulation of a county alcohol treatment and prevention plan annually. **SIGNED**
- 734 — To waive state licensure inspection for accredited hospitals. **SIGNED**
- 746 — To include treatment of alcohol and drug dependence in the definition of "medical assistance" under Medicaid. **KILLED**
- 795 — To revise the law pertaining to the involuntary commitment of alcoholics. **KILLED**

SENATE BILLS

- 249 — Regulating the sale of beer in kegs. **KILLED**
- 294 — To require deputy directors and division administrators to serve at the pleasure of department directors and department heads. **KILLED**
- 386 — Providing that boards allocated to the Department of Professional and Occupational Licensing have authority to establish continuing education programs. **KILLED**
- HSR 26-Joint resolution of Senate and House requesting an interim study of the respective benefits of institutional care and community care for recipients of services in various programs. **SIGNED**

Recent Films In Review

★★★ = GOOD

★★★★ = GREAT

by Candis Compton and Skip Wilcox

JOEY AND ME AIMS 10 minutes ★★★

Using animation of a seventh grade boy's memories of his pal and self-appointed big brother, this film provides a powerful comment on drinking, smoking and drug abuse. The problems of peer pressure and the skills of decision-making are addressed in a non-preaching way.

LISA: THE LEGACY OF SANDRA BLAIN

AIMS 22 minutes ★★★★★

Lisa, the daughter of Sandra Blain, has a brief but devastating bout with alcohol and pills. She recovers, and finds new hope, only after her disease has affected her work, friends, and all other parts of her life. It has a happy ending because her problem is identified and treated early.

WOMEN, DRUGS AND ALCOHOL MTI

45 minutes ★★★★★

This brand new film does an excellent job of explaining the polydrug problem common among women today. This often results from physicians readily prescribing tranquilizers when they lack the time or skills to handle women's problems more appropriately. It is important for women to be assertive and responsible patients, and to learn positive coping skills. This film is current, positive, and one of the few comprehensive ones available on women.

THE SOCIAL DRINKER AND THE ANTI-SOCIAL DRIVER AIMS 20 min. ★★★

This is a good film for public education about the problems of drinking and driving. It emphasizes the fact that most drunk drivers are not alcoholics but social drinkers. However, they are still very dangerous and cause traffic accidents.

DRUGS AND ALCOHOL-VIABLE ALTERNATIVES MOTIVATIONAL MEDIA

45 minutes ★★★★★

This contemporary film of a group discussion on drug and alcohol use compares the benefits of short-term cures for boredom with long-term fulfillment (instant gratification vs. meaning in our lives). EXCELLENT.

UNTIL I GET CAUGHT 30 minutes ★★★★★

Compares attitudes and drinking-driving behaviors in the U.S.A. and Sweden, where penalties are severe and risk of arrest is high. Good for use in court school or as public education tool. Very effective at communicating both the statistical and emotional implications of drinking-driving problems.

FOR PARENTS ONLY: WHAT KIDS THINK ABOUT MARIJUANA N.I.D.A.

30 min. ★★★★★

A powerful, disturbing documentary that focuses on young people talking about marijuana use in their own words. Several teenagers reveal their beliefs, thoughts, feelings and fears. Their parents express their anxiety and describe their search for solutions.

Juxtaposed against these conversations are the factual comments of Dr. Mitch Rosenthal, a psychiatrist who talks to parents in straight, no-nonsense terms, and those of Khaleelah Abdul-Kareem and Ira McCain, youth counselors who offer fresh insights on marijuana use.

This is one of the best movies ever made on marijuana use and parental reactions to it. Two copies of the film are available for use; one is at the Montana State Library in Helena, and the other is at "Changes," the drug clinic in Butte. If this hard-hitting movie is used for clubs or school groups, a qualified person should be on hand to lead any discussion after its showing.

Conferences and Workshops

The summer program of the Maryland Institute of Alcoholism and Drug Abuse Studies will offer two six-day courses in June at Washington College in Chestertown, Maryland.

The week of June 7-12, there will be courses on treating the addicted female, addiction services for rural communities, and sexual issues in counseling the substance abuser. Seminars will cover stress management, death and dying, treatment planning and pharmacology today.

Courses offered the week of June 14-19 include managing client stress, helping the child with drug and alcohol problems in school, and advanced DWI instructor training. Seminars in the second week will cover the evaluation of treatment staff, effective case records and the difficult client.

For more information contact ADAD or write the Maryland Institute of Alcohol and Drug Abuse Studies, Washington College, Chestertown MD 21620.

One-day seminars on the interaction of alcohol with other drugs will be held three times at different locations in Maryland during May.

Special emphasis will be on clinically significant and frequently occurring other drug interactions with alcohol. Both legal and illegal drugs will be highlighted. The seminars will include:

- Examination of alcohol interaction with methadone, tranquilizers, antabuse, sleeping pills, antihypertensive agents and anti-convulsants.
- Identification of dangerous drug combinations
- Using dosing schedules to minimize interactions.

There is no registration fee. The seminar will be held on May 13, May 20 and May 27 (all Wednesdays). For more information contact ADAD or the Office of Education and Training for Addiction Services, 201 West Preston St., Baltimore MD 21201.

The Tenth Annual San Diego Summer Alcohol Studies Program will be held July 13-17 at the University of California, San Diego in La Jolla, California.

The program offers more than 20 workshops and short courses covering treatment modalities, recent trends, personal growth and practical and academic issues.

Tuition ranges from \$50 to \$60 per course, depending on the number of courses taken. Housing and meals are available on the campus; five nights lodging with breakfast and lunch each day costs \$94.50.

For more information on this conference, contact ADAD staff or write Tim Johnson, U. of California, San Diego, La Jolla, California 92093

The Alcoholism and Drug Abuse Institute of the University of Washington will sponsor a conference, "Alcoholism and Drug Abuse in the Northwest: Developing Prevention Strategies," September 17-18 in Seattle.

The conference will focus on: special populations (youth, women, the elderly); intervention in schools; curriculum development; media, and working with families. The latest primary and secondary prevention strategies will be discussed, and researchers and prevention specialists will present the results of efforts to implement programs and evaluate their impact.

For more information contact the Alcoholism and Drug Abuse Institute, 3937 15th Avenue N.E., Seattle, Washington 98105



It's OK, they're just diet pills.